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Saving
our
pups



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School
building
joy



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Backing
cultural
bid

the newham mag

issue 382 // 26 January – 08 February 2018 // Every fortnight



A decade of success

Workplace celebrates
filling 35,000 jobs (pg 18)

Look out for the next issue from **09 February 2018**.

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News

Newham switches on to Lighten Up campaign

Newham Council has signed up to a campaign designed to get local authorities to switch their street lamps to energy efficient, light emitting diode (LED) bulbs.

Mayor Sir Robin Wales has signed the Lighten Up pledge organised by the 10:10 Climate Action charity.

Low energy LED street lights can reduce carbon emissions, save money in the long run and make people feel safer.

Sir Robin said: "I am delighted to have signed the pledge on behalf of Newham Council. We have been committed for some time to replacing all our bulbs with clean, green, LED ones by 2019. My aim is for all street lights to be as energy efficient as possible."

Newham is responsible for 19,500 street lights across the borough and more than 12,000 have already been upgraded to LED bulbs. The remaining 7,500 are in the process of being replaced.

The switch over is part of the council's Keep Newham Moving campaign, a massive £100 million investment programme in roads, pavements, and street lights over ten years to make it easier, safer and more pleasant to get around the borough. It is the biggest road investment programme in London's history.

Sir Robin added: "If all councils switched their street lights to LED bulbs, it would save £200 million every year. I am glad Newham is playing its part in working towards a greener, more energy efficient future for our streets."

Neil Jones, campaigner at 10:10 Climate Action said: "Newham Council deserve nothing but praise for taking

the pledge to lighten up their streets with LEDs. In these tough financial times the money saved will make a real difference to people in the area. And the carbon cutting potential of LEDs makes this move a no brainer. That's why we're calling on more councils to follow Newham's example and pledge to go LED by 2022."



More than 12,000 lights have been upgraded

LED bulbs will cut carbon emissions

News

Collegiate joins Academies Trust

Newham Collegiate Sixth Form joined the City of London Academies Trust (CoLAT) on 1 January.

The Trust, which became the official sponsor of the school last year, now runs eight schools in the capital.

Mouhssin Ismail remains the principal at the 16-19 academic A-Level centre, which was set up by Newham Council and nine of the borough's secondary schools to provide a high quality education offer for local teenagers. The centre will continue its partnership with University College London, which provides opportunities for both students and staff.

In 2017, 99 per cent of the centre's students achieved A*-C grades in their A level examinations, while nine pupils received offers to attend Oxbridge universities and 95 per cent were offered places at Russell Group institutions. One student also secured a place at the Massachusetts Institute of Technology (MIT) in America.

CoLAT will lease the East Ham campus buildings from the council.



Students from Newham Collegiate

Sheringham to lead Early Years education



The nursery will be one of three hubs

Sheringham Nursery School in Forest Gate has been awarded funding by the Mayor of London to become a hub service for schools, childminders and nurseries.

The nursery is one of three in the capital which has been charged with supporting families to take up Early Years education, to ensure children are ready to thrive at school from the age of five.

City Hall will provide funding of £175,000 to help support the hubs.

The hubs have also been launched in Barnet, Wandsworth and Merton, where take up of the free two-year-old childcare places has been low. In Newham it is hoped that the new hub will help to increase the 43 per cent up take of free childcare places to 75 per cent.

The hubs will help improve early years practice and support children with special educational needs and disabilities.

The scheme will also help parents find employment as childcare may also be offered outside of normal working hours.

Hub will support parents and children

...in brief

Lights improve tennis courts



New floodlights will open up courts for residents

to visit the six courts which were upgraded last summer with £370,000 funding from Newham Council, in partnership with activeNewham and the Lawn Tennis Association.

The floodlights are a recent addition giving residents extra opportunities to be active and lead healthier lives.

Nine other courts have been revamped at Gooseley's Playing Fields, E6, Central Park, E6 and Lyle Park, E16. A new membership scheme costing £30 a year which will allow people to book unlimited slots has been launched. The courts can also be hired on a pay and play basis from £5 per hour.

The council's other dozen courts are available free of charge. To book, visit <https://playtennisnewham.com/>

Residents enjoy lunch

More than 35 Newham residents with dementia and their family and carers came together for lunch at the Jack Cornwell Community Centre in Manor Park.

Many of them benefit from support at memory cafés, Singing for the Brain sessions or by speaking to a dementia adviser. The free services help combat loneliness and provide information and advice about all aspects of living with dementia. The services are jointly commissioned by Newham Council and NHS Newham Clinical Commissioning Group and delivered by the Alzheimer's Society.

For more information email Gerry.OKello@newham.gov.uk or call 020 3373 1273 / 07807 081 619.

Residents can now enjoy playing tennis at Stratford Park all year round and into the evening, thanks to the addition of new LED floodlights.

Councillor Forhad Hussain, Cabinet member for sports and leisure, joined representatives from the Lawn Tennis Association

Stadium parking restrictions

Parking restrictions are in place around the London Stadium in Queen Elizabeth Olympic Park on West Ham United match days.

Controlled parking hours in Stratford Central, Stratford North West, Stratford South West, Stratford South East and West Ham residential parking zones are extended and apply from 8am to 9pm. Only permit holders can park in RPZs at this time.

The next event days are Tuesday 30 January and Saturday 10 February.

Say NO to FGM

Newham Council will be hosting an event at the University of East London, Docklands campus, on Thursday 1 February, 10am-2pm, to mark the International Day of Zero Tolerance for Female Genital Mutilation (FGM).

Activities will include animated films followed by a panel discussion and talks on the emotional impact of the practice.

Booking is essential so email rita@manorgardenscentre.org or call 020 3384 9413.

Consultation on over-the-counter medicines

Residents can share their views on plans to cut prescribing of over-the-counter medicines for 33 minor, short-term health concerns by the NHS.

The consultation, which runs until Wednesday 14 March, is carried out by NHS England and NHS Clinical Commissioners. To complete the survey visit www.engage.england.nhs.uk

Residents can play after dark

Mayor's view

So proud of filling 35,000 jobs

There are people running job brokerage schemes up and down the country but ours, Newham Workplace, is performing better than anyone else. We should be proud that we have the biggest and the best scheme in the country.

A lot of people have helped make this happen and at the Old Town Hall in Stratford we celebrated the tenth anniversary of Workplace and the 35,000 jobs that have been filled by Newham residents.

We work hard to improve all our services but in 2007 we decided that supporting people was our top priority. What is the point of being in politics if you can't change people's lives for the better? We agreed we had to do something about employment in Newham.

We knew the 2012 Olympic Games and Westfield

Stratford City were coming. We had to make sure our residents got those jobs. We could not let these opportunities pass local people by, as had happened in other boroughs. We had witnessed the building of Canary Wharf, bringing wealth into Tower Hamlets, but that wealth did not reach local people.

At the time, unemployment in Newham was high, and the job centres were not working, with entrenched worklessness holding our people back. So we worked with our partners to create a service that would benefit both employers and residents and that's how Workplace began. If you were a Newham resident who wanted to work, we would be your best buddy.

Since then the figures speak for themselves. I challenged people like John Burton, the Head of



With those who spoke at the event (pg 18)



Speaking at the 10th anniversary Workplace event



35,000 jobs over ten years

Development at Westfield, to deliver jobs for local people, and they listened. More than 35,000 good sustainable jobs have been filled by Newham residents, and almost half by young people aged 16 to 24. Workplace has successfully supported people, giving them the skills they need in the working world. And because of this, Newham has seen the fastest growing employment rate in all of London – rising 11 per cent between 2010 and 2015 – and a dramatic fall in deprivation.

Before we started, when our residents sent their CVs out, just two per cent of people got jobs. But now 85 per cent of jobs are filled by people we put forward, including 4,600 jobs in Westfield and hundreds at London City Airport, to name just two of our partners.

I am really proud of what we have achieved. It is more progress towards our mission for a resilient borough.

Work is the best thing you can do for your health. It is the best thing you can do to counter poverty in your family. It gives you dignity and a sense of worth.

While I am Mayor we will keep investing in Workplace to make sure our residents get a chance at life. And with the country in need of skills and experience, Workplace will play a huge part in moving that agenda forward.

What we have achieved is remarkable, but we couldn't have achieved this without our partners and without the co-operation of local employers. I want to thank all the staff, employers and the candidates themselves who have helped to make it a success.



Meeting Workplace candidates and partners



John Burton OBE at Workplace's event

A black and white photograph showing Sir Robin, a man in a dark suit and white shirt, looking upwards through a window frame. The window glass is shattered, with shards hanging down. He appears to be inspecting a property. A small caption at the bottom left identifies him.

Sir Robin inspects a property

Standing up for tenants' rights

After a consultation with Newham residents, and a lengthy struggle with Central Government, Newham Council has finally received the go-ahead from the Secretary of State for Communities and Local Government to introduce a new private rented sector licensing scheme.

The new scheme, which will come into force on 1 March and runs until 28 February 2023, will be similar to the previous scheme. However the Government has decided that the E20 postcode in Stratford and New Town ward, should be exempt.

Licensing will allow Newham Council to continue its work to tackle rogue landlords while improving living conditions and reducing anti-social behaviour within the borough's

private rented sector.

What's new?

The new scheme aims to raise standards within the sector by:

- **Strengthening rights for tenants** – introducing a breach of licence if landlords ignore tenants' complaints
- **Promoting a cleaner Newham** – making sure properties have

adequate waste disposal and collection facilities to reduce litter and fly-tips

- **Tackling irresponsible landlords** – undertaking vigorous targeted checks and visits to identify those who persistently flout the rules.

The new scheme will require all landlords with privately rented properties to have a licence to operate legally.

Any landlord who has not obtained a licence will be committing an offence and could face a financial penalty notice of up to £30,000 or an unlimited fine from the courts.

Newham Council became the first local authority to introduce compulsory borough-wide licensing in 2013 and has taken action to protect tenants, uncovering inhuman and unsafe conditions. It has also:

- **Instigated 1,225 prosecutions for housing crimes (60 per cent of all prosecutions in London) and better than the rest of England combined;**
- **Banned 28 of the worst landlords from operating in the borough – forcing them to sell up or hand over their properties to reputable managing agents;**
- **Recovered almost £3.5m a year in unpaid Council Tax;**
- **Served 2,834 notices to address and tackle serious hazards in rented properties.**

Mayor Sir Robin Wales said: "Almost half of our residents now rely on the private rented sector and they will be relieved to know that the bulk of our scheme has been given the green light.

"I know that the vast majority of our responsible landlords will continue to work with us and apply for a new licence. It is the best way to improve standards and drive out the rogues, who are determined to cut corners, offer substandard and dangerous properties, and therefore disadvantage good landlords and put their tenants at risk."

To kick start the new scheme Newham Council will be offering an early bird discount on the regular licensing fee of £750 for five years. Applications received by 15 March can apply for the discounted amount of £400. **For more information and to apply, visit www.newham.gov.uk/propertylicensing**

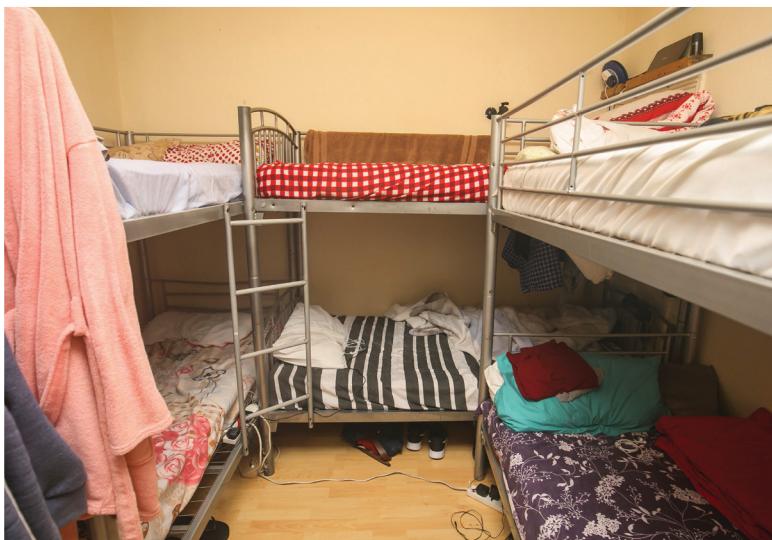
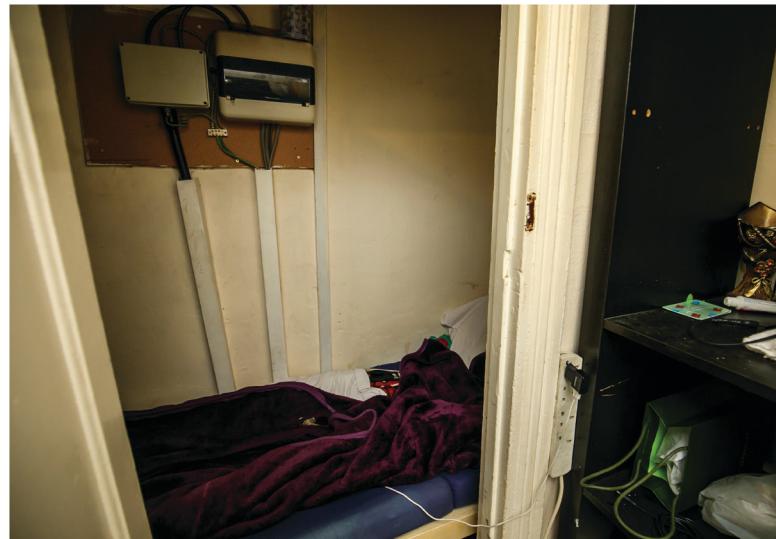
When you have submitted your application, our property licensing team will process your request.

How can I apply for my licence?

- Visit www.newham.gov.uk/propertylicensing
- Select 'Apply for a licence'
- Log on to your '**My Newham**' account to start the application process and pay the required fee.

Our licensing scheme makes Newham a better place to live – so if you control or manage a property rented to a single family, make sure you join our 23,837 selective landlords in reapplying for your licence.

Newham
DOES MORE ►





The Newham Animal Welfare Team - Alice Osborne,
Ben Lewis, Tina Delaney and Susie Fothergill

Animal magic

For the ninth year running, Newham Council's Animal Welfare team won the prestigious RSPCA Gold Footprint Award for the care of stray dogs.

For 25 years, Animal Welfare Officer Tina Delaney has dedicated her life to improving the lives and conditions of the borough's animals.

Dealing with people and their pets can be highly emotive – owners may need to be challenged on how they keep and treat their animals. In some cases owners object to being told their behaviour or care is inadequate.

In extreme cases animals may need to be removed for their own welfare, or to protect the public, but in the vast majority of cases Tina says the joy of her job comes from helping owners.

She said: "The Animal Welfare Act is a beautiful piece of legislation as it allows you to educate as well as enforce. There's a part of the Act called Section 10 and under this I can tell an owner how to look after an animal."

In 2016/17 the team conducted 2,245 investigations and home visits, dealt with 291 stray dog reports and reunited 76 strays with their owners, while others were sent to rescue centres for rehoming.

Tina, a qualified animal behaviourist with degrees in animal welfare, biology and law, said: "Most dogs are very malleable, but you've got to teach them manners in the early stages. Most behavioural problems exist because people don't exercise their dog and don't train them or get help when the dog starts to develop problems. Instead they wait until it becomes a major problem.

"We can help people with that and stop the behaviour escalating to a point where no-one can manage the animal safely. If they don't seek help, they may lose their animal, which is sad, but it's a tragedy that it's the dog who may pay with its life."

In addition to advice on training and keeping animals, the team can:

- Help with neutering cats and dogs
- Help with microchipping pets (and updating details)
- Advise people which pets or breeds would suit their lifestyle
- Advise on health problems that arise with pets
- Offer short term boarding for pets

One of the most rewarding parts of the job is when the team can reunite a lost or stolen animal with its owner.

Tina added: "We had a little Staffie and she was absolutely gorgeous but she had cigarette burns all over and she was really underweight.

"It was four years ago before it was compulsory to microchip dogs, but we checked anyway and she had

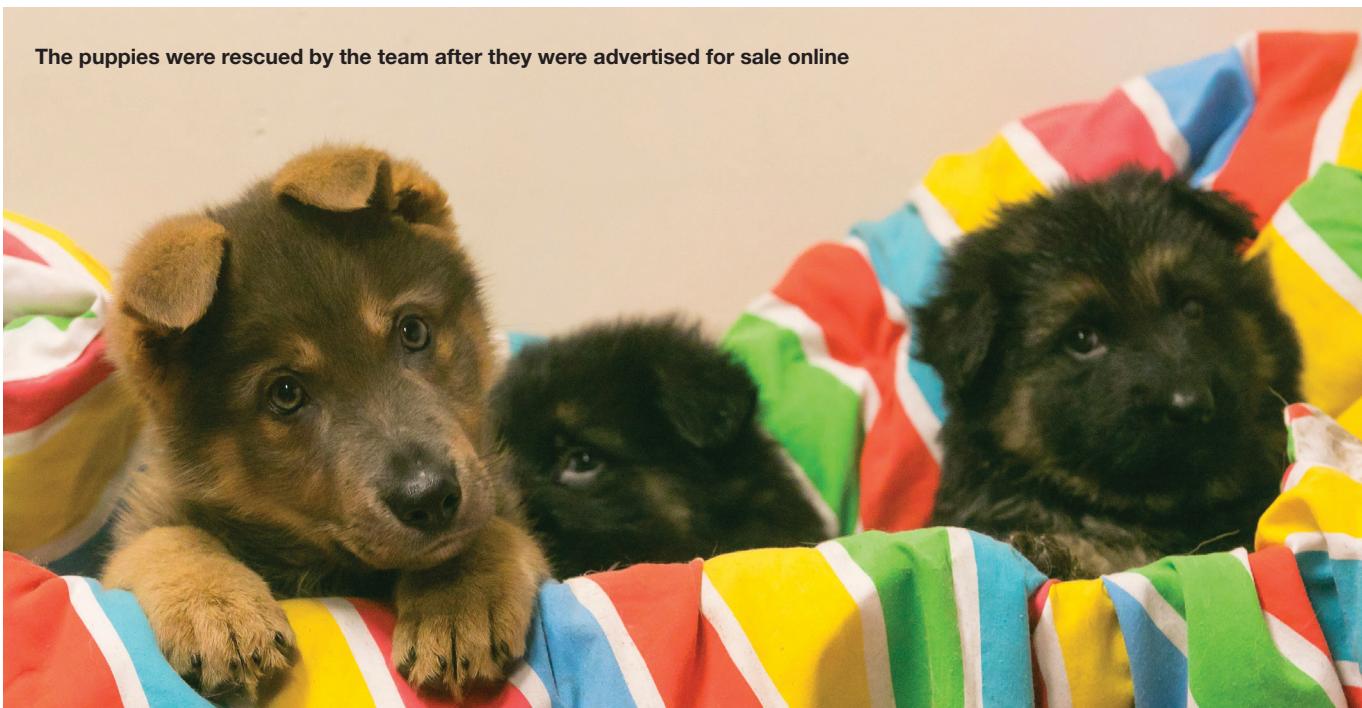
been fitted with one. I rang the registered owner and she said: 'Oh my God, that dog was stolen seven years ago'."

After establishing the owner had reported the dog stolen, and was not responsible for its condition, Tina arranged to reunite the pair.

She said: "The lady came in here, saw the dog, and just dropped to her knees sobbing. After seven years the dog remembered her and was so excited.

"I was really tearful, I had to look away! They were reunited because she had had her little dog microchipped all those years before."

For more information about the team, visit www.newham.gov.uk/animalwelfare or call 020 8586 9739 (8am - 4pm everyday including weekends and bank holidays).



Save time when you do it online



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Parking permits, bin queries and bulky and garden waste collection service requests are now online only.

www.newham.gov.uk/doitonline





Sandringham Central open for business

Pupils in a Forest Gate primary school now have access to a new building and classrooms thanks to expansion works carried out by Newham Council.

The works included demolishing the old nursery at Sandringham School in Henderson Road, Forest Gate, and providing a new nursery and a new space for the school to run its pre-school class.

Included in the project are new toilets, a platform lift, a landscaped garden for nursery and preschool children and an amphitheatre.

The new building, called Sandringham Central, also has three specialist classrooms for art, music, drama and dance and was opened at a special event by Councillor Quintin Peppiatt, Cabinet member for children and young people, and former pupil Levi Lumeka, who is now a footballer playing for Crystal Palace.

The works totalled £3.2million with a £250k contribution by the school. The building was designed by London based architects Walters and Cohen and built by Lakehouse.

The school's existing kitchen was also refurbished and extended as part of this project.

Robert Cleary, head teacher at Sandringham, said: "This new building has had a massive impact on how we deliver teaching and learning and the way we support our children. We now have high quality learning spaces and this means as soon as children come to us from nine-months-old through our day care service, right until they leave us at the age of 11, they can develop a love of learning and are taught in a modern environment. We are really happy and so is our community."

Councillor Peppiatt said: "Robert has shown inspirational leadership and the school was recently judged to be outstanding by Ofsted inspectors under his leadership. Investing in these new facilities means that the school can continue to meet the needs of its local community and go from strength to strength."

£10 stalls tickets now on sale. Hurry – when they're gone, they're gone!

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Thursday 1 February
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Discover – Children's Story Centre
383 - 387 High Street, Stratford, London E15 4QZ

To find out more, please call

0800 279 9850

Alternatively, just pop by on the day.

East London Permanence and Adoption Consortium are a group of Local Authorities
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in our areas who need adoptive families and for those who want to adopt.



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look for 100 calorie snacks **two a day max**

Search Change4Life for loads more tips on healthier snacking

Newham London

change
4 life



Zero Tolerance to FGM

Thursday 1 February 2018, 10am-2pm

University of East London,
Docklands campus, University Way E16 2RD



Join us to mark the International Day of Zero Tolerance for Female Genital Mutilation (FGM).

Free

Activities will include:

- a screening of animated FGM films followed by a panel discussion
- a talk on the emotional impact of FGM
- a celebration of the achievements of volunteer FGM Community Champions.

Free refreshments and a light lunch will also be provided.

Booking is essential. To book your place, call 020 3384 9413 or email rita@manorgardenscentre.org



Newham London

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Take control of your care and make well-informed choices to help meet your needs.

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www.newham.gov.uk/careinnewham



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THIS WINTER**

www.nhs.uk/staywell



www.newham.gov.uk/winter

NHS

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If you feel unwell, even if it's just a cough or a cold, get advice from your pharmacist before it gets more serious.

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www.activeNewham.org.uk/hot-yoga

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Start your journey with TfL Apprenticeships

Newham Workplace in partnership with Transport for London is hosting an open day for all suitably qualified Newham residents to provide support to apply for highly sought after TfL Apprenticeships.

Tuesday 7 February, 10am – 4pm
Workplace Westfield Office
(You must register in advance)

A unique opportunity that can take you places
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workplace
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- Gain unique and invaluable skills and qualifications
- Earn the London Living Wage (min. £18,500)
- 29 days holiday
- Free travel card

Requirements

- Open to anyone aged at least 18 years by 1 September 2018. No upper age limit
- Must possess at least two (some opportunities require five) A*- C GCSEs including Maths and English or equivalent.

You must register for the event in advance

If you are already registered with Workplace please contact your Workplace Adviser. If you are not already registered with Workplace please contact workplace.engagementteam@newham.gov.uk or call 020 3373 1101.

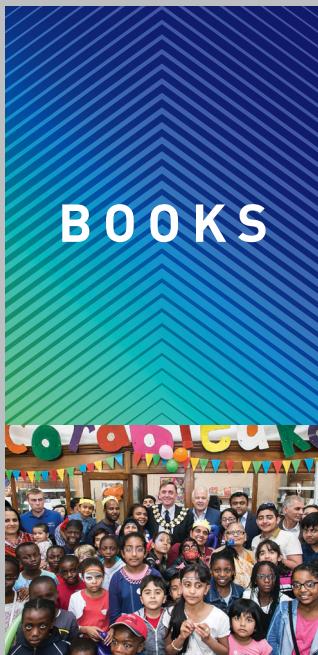
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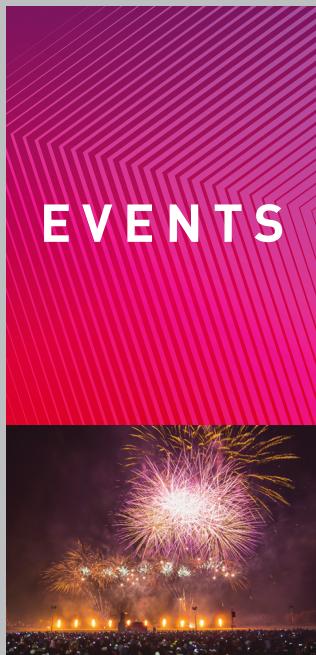
Newham London

Mayor of
Newham

Boosting our cultural future



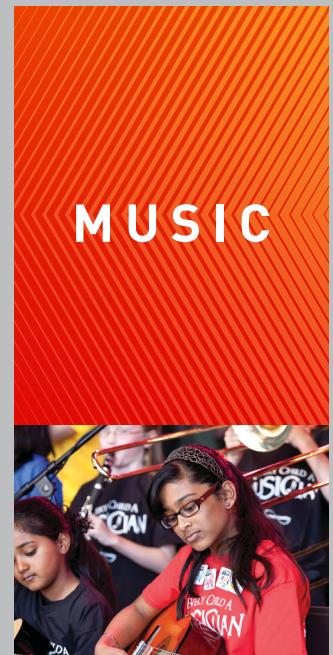
BOOKS



EVENTS



HERITAGE



MUSIC

Newham Council is committed to providing residents with a host of free cultural events to rival those opportunities available to wealthier Londoners.

In addition to Under the Stars, the Mayor's Newham Show and the fireworks display staged for Guy Fawkes Night the council also gives residents the opportunity to attend hundreds of literary and cultural events at our community neighbourhood centres and libraries every week.

The borough's young people are also introduced to theatre and music through the Every Child programme at school. To enhance the cultural offer the council has bid to become one of the first Boroughs of Culture.

If successful, it will receive £1million to support a programme of arts, culture and creative activity within Newham during 2019 or 2020. The winners will be announced next month.

As part of the process the council consulted with residents and arts organisations about their ideas and created a proposed programme, led by young people, to include festivals, performances, concerts and art exhibitions in the borough's public spaces.

The council wants to use the bid to make a positive difference to the prospects for young people to engage.

Deputy Mayor (statutory) Ken Clark, Cabinet member for community neighbourhoods, said: "Newham is one of the most diverse boroughs in the country and we have a young population, who we have put at the heart of our

Borough of Culture bid. With our partners we would use this opportunity to develop the skills of our young people through training and mentorship schemes to enable them to become co-producers, creators, and documenters of the year."

BOROUGH OF CULTURE BID 2018



Decade of hard work fills 35,000 jobs



In 2007, Newham Council started a journey to identify the needs of employers and work with them to make sure the recruitment needs of those businesses were met.

From those discussions, employment service Workplace was born. It is now ten years old and has filled more than 35,000 jobs with Newham residents.

To recognise the achievement, candidates past and present gathered at the Old Town Hall in Stratford to celebrate along with businesses and partner organisations who have used the scheme to find employees or supported them into work.

More than 170 guests attended to hear speeches from Mayor Sir Robin Wales; John Burton OBE, Head of Development at Westfield; Lisa Gledhill, Director at Lend Lease's International Quarter London development; and Councillor Lakmini Shah, Cabinet member for work and skills.

Vivek Nandha, a former Workplace candidate, also spoke about how he was supported to develop his own business, VNY Security. He is now commissioned by Workplace to provide security training for candidates.

He said: "Newham Workplace is a great initiative. I want

to thank all the staff who do an amazing job every day to help residents get into work. They helped me to start my own business. I would not be in the position I am today without their amazing help and guidance."

Others attendees included:

- **Rashmi Sangani – sales assistant, Mothercare – Workplace candidate**
- **Abu Sahal – IT engineer – Workplace partner**
- **Priya Rose Rodriguez – event officer, Pitch Stratford – Workplace candidate**
- **Jasjoot Mudhar – First line IT support engineer, Omega LTD – Workplace candidate**
- **Jo Thompson – youth network manager – Workplace partner**

Jasjoot said: "My passion was in technology. Growing up I was part of the digital generation. That led me to pursue a degree in computing with digital media. I got an opportunity





through Workplace to pursue a masters and my current role is as an IT support engineer. Workplace played a big part in my development and have always provided me with great support.”

Sir Robin Wales said: “I am incredibly proud of what Workplace has achieved. In 2007 we saw a problem – huge unemployment and entrenched worklessness holding people back, so we intervened to make a difference. What we have achieved since then is remarkable.

“We couldn’t have achieved this without our partners and without the co-operation of local employers. I want to thank all the staff, employers and the candidates themselves who have helped to make Workplace a success.”

John Burton, Head of Development at Westfield, has worked closely with Workplace since its inception. He said: “As a result of our work with Workplace, around 2,000 of the 4,000 new jobs on opening Westfield went to local

residents, half of whom were long-term unemployed and half aged under 25. Workplace has now filled more than 4,600 jobs in Westfield.

“We have worked closely with Workplace as we understood what employers wanted and knew we wanted local people to be part of this exciting development. Workplace will create a lasting legacy by up-skilling local people and ensuring they are transformed into job-ready candidates.”

For further information about Workplace, please visit www.newhamworkplace.co.uk

Newham

DOES MORE ▶

Pre-diabetes advice and support

Monday 12 February, 11am-12.30pm

East Ham Community Neighbourhood Centre
328 Barking Road,
East Ham E6 2RT

Come along to receive free friendly advice from health professionals to reduce your risk of developing diabetes and ensure you continue to lead a healthy lifestyle.

To book your place or for more information, email
Mikayl.Mehtab@newham.gov.uk
or call 020 3373 8272 /
07812 675 213.

Free

Newham London



Early Morning Yoga

Fridays 8.10-8.55am
Custom House & Canning Town Community Neighbourhood Centre and Library
18 Rathbone Market, Barking Road, E16 1EH

Start your day with a yoga session, designed to stretch and rejuvenate you.

For more information contact Custom House and Canning Town Community Neighbourhood Centre and Library on 020 3373 0854 or email CN.CustomHouseCanningTown@newham.gov.uk



Newham London

• **HEALTHIER • BETTER • FITTER • FASTER • STRONGER.**



Be
FASTER
with **active**
newham

Atherton Leisure Centre, 189 Romford Road, London E15 4JF
Balaam Leisure Centre, 14 Balaam Street, Plaistow E13 8AQ
East Ham Leisure Centre, 384 Barking Rd, East Ham E6 2RT
Manor Park Fitness Centre, 464 High Street North, Manor Park E12 6QN
Newham Leisure Centre, 281 Prince Regent Lane, Plaistow E13 8SD

*This number is charged at the same rate as calls to normal landlines (those that start with 01 or 02). It is included in call allowances, bundled talk time or "free" minutes the same way as regular landline numbers.

To find out more call 0300 124 0123[†] or visit www.activeNewham.org.uk/together

in partnership with

NEWHAM FOODWATCH

Newham Council want to make sure you are safe when you go out for a meal, order a takeaway or grab a sandwich on the move.

Whether it's a takeaway, a slap up dinner or a delivery pizza, all food outlets in the borough have to be regularly checked to make sure the food they serve is safe.

Newham Council's food safety team is constantly conducting unannounced visits and inspections of the

borough's 1,879 food outlets and giving them a rating out of five.

Every month the Newham Mag will publish details of some of the best, and worst performing restaurants in the borough. Last month officers went to Nalukettu restaurant in East Ham after complaints about its food.

Nalukettu Restaurant/Kerala Spice, Barking Road, East Ham

The inspectors were extremely concerned to find mouse droppings, poor hygiene, the building in a poor physical state, a lack of training for staff and no food safety management system.

The officers raised concerns with the owners, and after a discussion, the business was voluntarily and immediately closed.

The restaurant was awarded a zero food hygiene rating and remains closed. It is currently under investigation, following an outbreak of suspected food poisoning.

Councillor Pat Murphy, mayoral adviser for environment, said: "It should be compulsory for businesses to display the results of their food standards rating. I would urge Newham residents to look for a displayed rating before eating at any food outlet. If a business isn't proudly displaying its food rating you have to ask yourself why."

To check the food rating for your local restaurants, visit <http://ratings.food.gov.uk/>



Most recent inspections

- Bella Italia, Gallions Reach Shopping Park, Beckton, E6
5 – Very Good
- Mexicasa, High Street, Stratford, E15
5 – Very Good
- Upper Crust, Western Gateway, Canning Town, E16
5 – Very Good
- Charcoal Restaurant, Prince Regent Lane, Plaistow, E13
5 – Very Good
- Wagamama, Westfield Stratford City, E20
5 – Very Good
- Wentys Kitchen, at rear of Taste of Caribbean, Upton Lane, Forest Gate, E7
2 – Improvement Necessary
- Rasa, Barking Road, East Ham, E6
1 – Major Improvement Necessary
- Oriental Kitchen, Barking Road, Plaistow, E13
1 – Major Improvement Necessary
- Friends Coffee House, Barking Road, Plaistow, E13,
1 – Major Improvement Necessary

OUR CITY LIFE



The poster features the Maternity Mates logo at the top left, which consists of a stylized black pregnant woman silhouette with a blue hand holding her belly. To the right of the logo, the text "Maternity Mates™" is written in white. Below this, there is a large blue silhouette of a pregnant woman facing right. Overlaid on the silhouette is the text "Could you be a Maternity Mate?" in white, with two white footprints at the bottom. The background of the poster is pink at the top and blue at the bottom.

A community health charity is appealing for female volunteers to work with expectant and new mums.

The Maternity Mates project was developed in 2010 by the Women's Health & Family Services charity to recruit and train volunteers to help pregnant women who needed extra support.

The project is open to women living in Newham who don't have a suitable support network or have specific needs or healthcare issues. Female volunteers will be trained by the charity to offer practical and emotional support to women during pregnancy, childbirth and the early weeks of motherhood.

Maternity Mates are recruited from the communities they serve. They will support the mother to help her understand the issues and decisions that affect her care, and that of her baby.

Potential volunteers can contact the project at maternity.mates@whfs.org.uk or call 0207 377 8725 to register an interest.

Rosetta Arts Centre is a national treasure



An arts organisation that has worked with Newham residents on community projects for 25 years has received national recognition from Arts Council England.

Rosetta Arts Centre in Stratford has been named as a National Portfolio Organisation. The centre celebrated the achievement with an open day for the community and a visit from Darren Henley, chief executive of Arts Council England, and Councillor Forhad Hussain, cabinet member for leisure.

Rosetta Arts transforms lives by offering opportunities for young people and adults to access quality visual arts. It is among more than 800 organisations to be awarded the new status and will receive a share of £1.6 billion over four years to support various projects.

The open day included a workshop with pupils from Star Lane Primary School, Canning Town, who have been working on a project to regenerate Wharfside Underpass. It is due for completion in March.

A teenager with an obsession for electrical engineering has been offered a four-year apprenticeship with car giant Rolls Royce.

Abdul Mutlib, 17, was among the first students to enrol at London Design and Engineering University Technical College when it opened in the Royal Docks in 2016.

Within a year he had combined electrical engineering with mechanical engineering as he studied for his BTEC Level 3 Extended Diploma in Engineering.



Abdul Mutlib

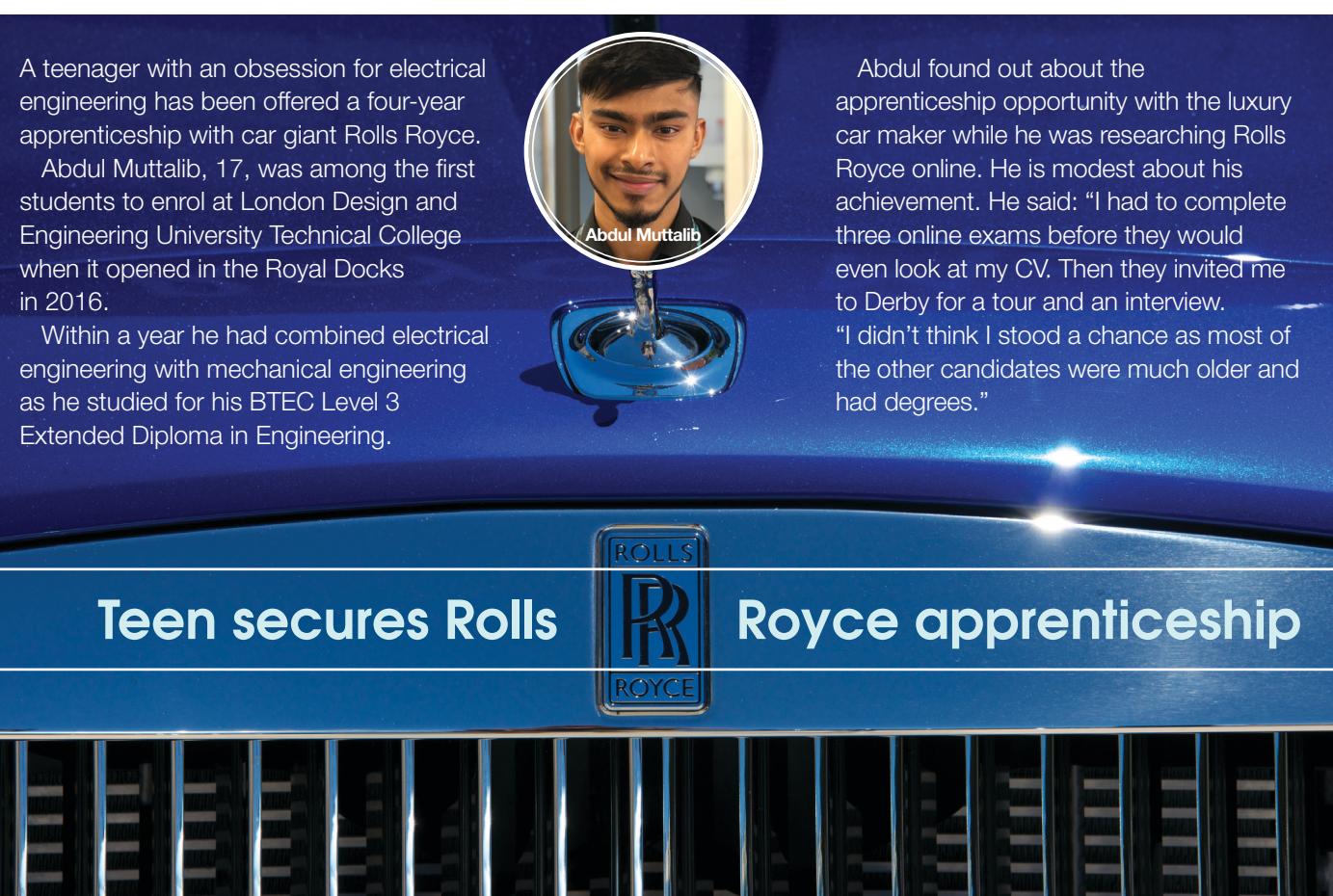
Abdul found out about the apprenticeship opportunity with the luxury car maker while he was researching Rolls Royce online. He is modest about his achievement. He said: "I had to complete three online exams before they would even look at my CV. Then they invited me to Derby for a tour and an interview."

"I didn't think I stood a chance as most of the other candidates were much older and had degrees."

Teen secures Rolls



Royce apprenticeship



Students use award to help hospice children

Two students from Little Ilford School in Manor Park who received a Jack Petchey Achievement Award for their resilience and support of their peers, have used the £250 grant attached to the awards to buy gifts for children at a hospice.

Majorie Nakimuli and Nabila Ali bought DVDs and craft equipment and delivered them to Richard House Children's Hospice in Beckton, which supports children with life limiting health conditions.

The students were given a tour of the hospice and were impressed by the calm atmosphere and the support offered to patients and their families in difficult circumstances.

Sir Jack Petchey CBE founded the Jack Petchey Foundation in 1999 to recognise positive contributions that young people make to society and help them in achieving their potential. The Foundation's Achievement Awards is a peer recognition scheme operating in youth clubs, youth organisations, secondary schools and uniformed organisations.



Majorie and Nabila

Martial arts expert receives national honour

A martial arts expert who has campaigned to raise awareness of the dangers of drugs has been recognised with a national honour.

Qaiser Niazi Khan has received a British Citizen Award (BCA) for his services to the community. The awards were launched in 2015 and are also known as the People's Awards.

Qaiser, who holds taekwondo classes for children and adults in Canning Town, has also worked with a drug prevention project in Newham. He received his BCA medal at the Palace of Westminster. He said: "It was a big surprise. When you do something you love, it doesn't ever feel like work. I have students from children up to age 85. They all benefit from the yoga and the martial arts."

Taekwondo classes are held at Custom House and Canning Town community neighbourhood centre on Saturdays from 12pm to 1pm. For details call Qaiser on 07984 684805.



Qaiser Niazi Khan

Kids' Corner



PLEASE SEND OR EMAIL YOUR DRAWINGS,
JOKES AND POEMS TO:

**KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU**
or newhammag@newham.gov.uk

Don't forget to add your full name, age, address and contact number with your entry. We cannot return entries.

GALLERY



Maryam Nisham, 5



Kartik Manoj, 7



Goda Vaitkute, 7



Khateja Akbar, 8

Tickets to Stratford Picturehouse

This issue's winner receives a free family ticket to Stratford Picturehouse, which includes a kid's popcorn and drink.

To be in with a chance of winning this prize send or email your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU** or newhammag@newham.gov.uk. Don't forget to write your full name, age, address and contact telephone number with your entry. **Good luck!** Visit www.picturehouses.co.uk to see what's on.



Picture
House
STRATFORD

Stratford Picturehouse, Theatre Square, E15

Colour-me-in Word Fit

Poem

Parking Lessons

We come to school to learn,
In every way we can.
In school we behave,
and we ask you to do the same.

We like to stay safe,
So don't park your car near the gate,
Even if you're late.

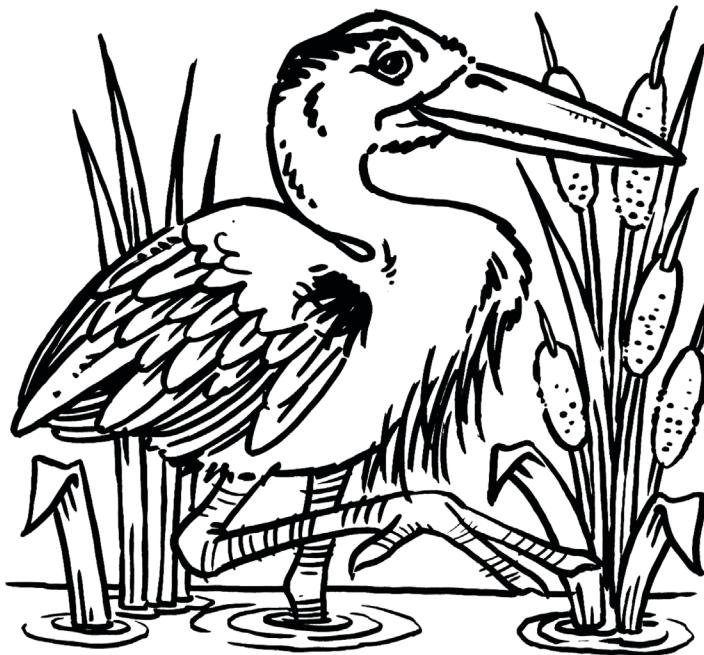
Park somewhere away,
There's always a way.
Rules are there to obey.

So don't be a fool,
And park near the school.
Now that's cool!!

Afsana Ali, 10

Wordsearch

You must find the following words in the grid



T	L	C	S	H	S	E	C	O	N	T	S	S	T	S	T	R	O	K	E
E	E	O	N	L	S	H	N	O	R	E	H	U	C	E	R	R	P	F	S
L	C	A	N	I	I	U	P	E	R	H	M	A	I	E	D	I	L	B	
G	O	S	P	G	G	S	F	I	H	G	O	B	I	T	T	E	R	N	
G	R	T	E	O	L	G	R	S	C	E	H	E	A	U	L	A	C	I	I
O	A	A	R	C	T	E	N	D	C	I	A	W	S	I	N	K	E	E	B
G	T	L	O	C	W	A	G	N	B	T	H	U	N	P	S	B	A	B	C
D	I	L	E	A	A	R	T	G	M	S	D	G	C	T	E	X	A	B	C
Y	O	A	D	H	U	M	R	H	E	N	L	T	O	E	C	E	B	R	R
R	N	I	C	M	X	S	U	R	E	D	E	P	L	A	E	I	E	S	E
S	N	M	I	T	A	G	F	P	G	R	S	W	L	R	A	L	S	E	S
G	E	C	O	S	E	K	A	S	D	E	R	S	E	L	I	M	S	S	

Bill
Bird
Bittern
Coastal

Egret
Fish
Freshwater
Heron

Long-legged
Reeds
Species
Wading

WHAT'S ON?

Download our What's On app at www.newham.gov.uk/neighbourhoodevents

OUR THRILLING THREE



Marvellous Maths and Silly Stories (5-12yrs) - Special session run by Accelerate Learning leading up to February half-term. Fun activities plus homework support. Wednesday, 31 January, 3.30-5.30pm, Green Street Library, 337-341 Green Street, E13



UKWallball Research - A 20-week project for stroke patients. A fun social activity involving left to right co-ordination using a ball. Suitable for stroke rehabilitation. Fridays, 3.15-4.15pm, Plaistow Library, North Street, E13



Science Club - Join our interactive Science Club and conduct experiments, watch demonstrations and record your results. Thursdays, 4-5pm, Forest Gate Community Neighbourhood Centre, 2-6 Woodgrange Road, E7



EARLY MORNING YOGA

Come and join in with stretches and postures designed to rejuvenate you. Fridays, 8.10-8.55am, Custom House & Canning Town Community Neighbourhood Centre and library, 18 Rathbone Market, Barking Road, E16

TRY SOMETHING NEW

Indicates free sessions

Libraries unless stated.

UNDER-FIVES



Storytelling

Mon, 10.30-11.15am, Custom House; Tues, 10.30-11.30am, East Ham CNC, Tues, 10.45-11.30am, Tues, 1.15-2pm, Custom House & Canning Town CNC; Tues, 10.30-11.30am; Tues, 11am-12pm, Fri, 11am-12pm, Stratford; Fri, 10.30-11.30am, Manor Park CNC; Tues, 10.30-11.30am, Forest Gate CNC; Tues, 10.30-11.15am, Thurs, 2-3pm, Plaistow; Tues, 10.30-11.15am, North Woolwich

Stay and Play

Support for parents and carers to develop their child through play. Tues, 8.15-10.15am, Thurs, 8.15-11.15am, Forest Gate CNC; Weds, 10am-12pm, Sat, 11am-1pm, Stratford

Reading Together

Thurs, 2.30-3pm, Custom House

Baby Yoga

Five-week course. Register at Rebecca Cheetham Children's Centre on 020 8534 3136. Weds, 1-2pm, Stratford

Baby Rhyme Time (Up to 12mths)

For babies and parents to enjoy songs, develop communication skills through sign. Weds, 12.30-1.30pm, Manor Park CNC

Triple P Parenting

Parenting techniques for children aged 18 months plus. Tues, 5.30-7.30pm, East Ham CNC; Weds, 12.45-2.45pm, Manor Park CNC

Sensory Storytelling

Run by St Stephen's Early Start. Fri, 1-2pm, Green St

Bumps and Bundles Group

Interactive session for parents and carers of babies under

18mths. Mon, 10am-12pm, Stratford

Music and Movement

Tues 9.30-10.15am, Plaistow

Bumps and Babies

For babies under 12 months Fri, 2-4pm, Forest Gate CNC

Playdoh Club

Develop skills including cognitive, fine motor, hand eye coordination, social, literacy and numeracy with playdoh. Sat, 12-1pm, Green St

Bubble Time and Nursery Rhymes

A free interactive session designed for children to engage with one another. Sat, 12-1pm, Green St

YOUNG PEOPLE

4-5pm, North Woolwich,

Mon, 4-5pm, Custom House;

Mon, 4-5pm, Custom House & Canning Town CNC, Mon,

2.45-3.45pm, Beckton Globe;

Mon, 3.30-4.30pm, Manor

Park CNC; Sat, 3-4pm,

Custom House & Canning Town CNC

Games Club (7-16yrs)

Sony PS3, XBox360, Wii, board games and more.

Tues, 3.30-5.30pm, Custom House; Weds, 3.30-6.30pm,

Forest Gate CNC; Thurs, 4-6pm, Custom House & Canning Town CNC; Thurs, 3.30-5.30pm, Plaistow

Arts and Craft Workshop (6-12yrs)

Sat 2-3pm, Custom House & Canning Town CNC; Sat, 2-3pm, Custom House; Sat,

1-2pm, Green St; Sat, 2-3pm, North Woolwich; Tues, 3.30-

5pm, Sat, 11am-12.30pm, Plaistow; Tues, 4-5.30pm,

Forest Gate CNC

Chatterbooks (7-12)

A new book club to inspire young children to read for pleasure. Sat, 2.30-3.30pm, Plaistow; Weds, 5-6pm, Forest Gate CNC; Tues,

East Ham IT Youth



Support in using IT for homework and fun. **Mon, 4.15-6.15pm, East Ham CNC**

Family Movie Club

 Sat, 3-4.30pm, Green St (up to 12yrs); **Sat, 2-4pm, Plaistow; Sat, 5.30-7.30pm, East Ham CNC; Thurs, 4-7pm, North Woolwich; Fri, 4-6pm, Forest Gate CNC; Sat, 2-4pm, Beckton Globe**

Young People's Positive

 **Activities (9-19yrs) Weds, Fri, 7-9pm, Harold Rd Centre**

Lego Club

Create Lego models based on weekly themes. **Sat, 3-4pm, Forest Gate CNC; Sat, 2-3pm, Green St**

The Chill Spot (11-19yrs)

Activities include table tennis, discussions, creative workshops. **Mon, Weds, 3.30-6pm, Stratford**

Code Club (7-11)

Scratch, Python, cartoons, websites and more. Booking required. **Sat, 10-11am for beginners or 11am-12pm for improvers, Custom House, Tues, 4-5pm, Green St; Sat, 1.30-2.30pm, Beckton Globe**

Performing Arts Activities

A range of dancing and singing, family arts activities. **Fri, 5-7.30pm, East Ham CNC**

Youth Works

Taekwondo, Sony PS4, careers, chill zone, healthy living and other activities for ages 11 to 19. **Weds, 5.30-8.30pm, Thurs, 5.30-8.30pm, Katherine Rd C.C.**

Homework Club

Study support from volunteers. Age: Varies site to site. **Fri, 4-5pm, Beckton Globe; Mon, 3.30-5pm, Sat, 10.30am-12.30pm, Plaistow; Fri, 4-6pm, Custom House & Canning Town CNC;**

Fri 4-5pm, East Ham CNC; Mon, 3.30-4.30pm, North Woolwich; Mon, 4-6pm, Stratford; Sat, 10.30am-12.30pm, Forest Gate CNC

Street Dance (13-19yrs)

Learn Street Dance and develop new skills and fitness every week. **Mon 4.30-5.30pm, Plaistow**

Craft4Me

Have family fun making and crafting with our craft4fun volunteers. **Mon, 4.15-5.15pm, Beckton Globe**

Tae Kwonodo Classes

Free classes for 4-14-year olds. **Sat, 12-1pm, Custom House & Canning Town CNC, 18 Rathbone Market, Barking Road, E16. Contact Master Khan on 07984684805 or email: Khanqukblackbelt@yahoo.co.uk**

Alcoholics Anonymous

If you have a concern about your drinking, call Alcoholics Anonymous on 020 7407 0700.

Family Wallball

Come along for some fun for all ages and all the family and introduce yourself to a fun social activity involving left to right co-ordination using a ball. **Sat, 10.30-11.30am, Green Street**

ACTIVITIES AND SUPPORT



Chess Club

 **Tues, 3.45-5.15pm, Beckton; Mon, 5.30-7.30pm, and Thurs, 5.30-7.30pm, East Ham CNC; Thurs, 5.30-7.30pm, Stratford; Tues, 1-2pm (adults), 5.30-7.30pm (children), Forest Gate CNC; Thurs, 5-6pm (beginners), Thurs, 6-7pm (improvers), Custom House; Weds, 6.30-7.30pm (adults), 5.30-6.30pm (children), Custom House & Canning Town CNC; Weds, 5.30-7.30pm, Green St; Weds, 3.30-5pm, Plaistow**

Coffee Mornings

 **Mon, 11am-12.30pm, North Woolwich; Thurs, 10.45am-12pm, Custom House & Canning Town CNC; Tues, 11am-12.30pm, Custom House, Fri, 11am-12pm, Green St; Third Tues of the month, 10.30am-12pm, Plaistow; Tues, 11.30am-1pm, Beckton**

Do It Online (18yrs+)

Computer classes. **Weds, 10am-12pm, Stratford; Tues, 2-3.30pm, North Woolwich; Thurs, 1.15-2.15pm, Custom House, Weds, 10am-12pm, Plaistow; Mon, 1-2.30pm, Custom House & Canning Town CNC; 1.30-2.30pm, North Woolwich; Fri, 2-3.30pm, Beckton**

ICT Drop-in Session

 Set up a My Newham profile and create an email account. **Weds, 11am-1pm, Forest Gate CNC**

Life in the UK Classes

12-week course to support prospective candidates who wish to take the life in the UK test and B1. Contact 020 8542 3904 for information. **Weds, 12.30-2.30pm, Fri, 10am-12pm, Plaistow; Fri, 12.30pm-2.30pm, Green St; Weds 10am-12pm, East Ham CNC; 12.30-2.30pm, Stratford; 10am-12pm, Beckton**

Basic Computer Skills

 **Fri, 10.30am-12.30pm, Manor Park CNC**

English Conversation Club

Practise spoken English. **Mon, 6-7.30pm, Weds, 10.30-11.30am, Manor Park CNC; Thurs, 3-4pm, Rabbits Rd Institute; Sat, 10am-12pm, Stratford; Mon, 10-11am, Jeys C.C; Mon, 10-11am, Plaistow; Thurs, 10.30-11.30am, Sat, 2-3pm, Tues, 11.30am-12.30pm, North Woolwich, Green St**

Poetry Group (16+)

 Sat, 11am-1pm, Mon, 6-7.30pm, Stratford; **Weds, 6-7.30pm, East Ham CNC; Tues, 2-3.30pm, Jack Cornwell C.C.** email sonesquin@hotmail.com

International Lunch Club

£4 per meal. **Mon, 12pm, Beckton C.C.**

Creative Writing and Poetry Group (16+)

Thurs, 6.30-7.30pm, Custom House & Canning Town CNC

Pop In Bingo (18+)

Come and join with your local community and get ready to shout Bingo. £1 per book. **Tues, 1-2pm, North Woolwich**

Model Train Workshop

Join other enthusiasts. **Mon, 1-3.30pm, North Woolwich**

Book Club and Creative Writing Group

Hosted by Vaseem Khan, author of *The Baby Ganesh Detective Agency Series*. **Ages 15+. Tues, 6-7.30pm, Manor Park CNC**

Adult Reading Groups

Come and talk about your favourite books and discover new writers. **Third Sat of the month, 11am, Custom House; Third Thurs of the month, 6.30-7.30pm, East Ham CNC**

National Careers Service

Find out about different careers and what qualifications or skills you require. To book appointment call 07415241941. **First and third Thurs of the month, Stratford**

Memory Lane Café

People with dementia and their carers can come together and share experiences, exchange information and socialise. **Last Thurs of the month, 1-3pm, East Ham CNC**

Together We Can

Fortnightly social group for adults under 50 who have had a stroke. *Fri, 2-4pm, Plaistow*

ESOL Entry (16+)

ESOL language classes for adult learners. Registration required through Newham Adult Learning Service ESOL Team 020 3373 0755. *ESOL Pre-Entry, Mon and Thurs, 10-11.30am, ESOL Entry 3, Tues and Fri, 9.30am-12noon, Stratford; Tues, 10am-2.30pm, Plaistow*

Dominoes (13+)

If you're new to domino games, or just need a brush-up on the basics come and join in. *Sat, 2.30-7pm, Beckton; Wed 2-4.30pm, Mon 1.30-4.15pm, Beckton C.C; Thurs, 5.30-7.30pm, Forest Gate CNC*

Dementia Cinema

Aimed at dementia patients. Refreshments provided. Cost is £4 although carers go free. Advance booking is required for wheelchair users. *Last Monday of month, 12.30pm, Stratford Picture House, Gerry Raffles Square, E15.*

Citizens Advice Sessions

Free advice sessions on money management, energy saving tips as well as debt and income maximisation. By appointment only. *First Mon of the month, 11am-1pm, Manor Park CNC*

Skills For Life

Sessions run by Step-up community education, free English classes which include speaking, listening, reading and writing. *Tues, 10.30am-12.30pm, Weds, 10.30am-12.30pm and 5.45-7.45pm, Thurs, 5.45-7.45pm, Green St*

Workplace Drop-Ins

For Newham residents looking for employment to discuss job vacancies and training. *Thurs, 8 Feb, 3-5pm,*

Manor Park CNC; Thurs, 8 Feb, 2-5pm, Custom House & Canning Town CNC; Weds, 7 Feb, 3-5pm, East Ham CNC; Weds, 7 Feb, 2-4pm, Stratford. For more information, email: Rehana.b@newham.gov.uk

Hatha yoga

Mon, 7.30-8.30pm, East London Rugby Club, 71 Holland Road, E15. Introduction price: 5 classes for £25 or £8 per class or £32 for 5 classes. For more details, email info@im-maui.com

Pain Management

For residents who need support coping with arthritis, back pain as well as information on exercise, diet and inflammatory foods. *Manor Park CNC, Fri, 9 Feb and Fri, 9 Mar from 12-1.30pm.*

COMMUNITY ACTIVITIES



Newham Super Choir

All ages. *Tues, 10.30am-12pm, Beckton C.C*

Beckton Women's Group

Enjoy a variety of skills including sewing, fruit decorating and dancing at a cost of £2 per session. *Tues, 10.30am-12.30pm, Beckton C.C*

North Woolwich Voices (16+)

A community singing group, all welcome, no singing experience required. *Mon, 6.30-7.45pm. Woodman Community Centre, Woodman St, E16. For more details email: northwoolwichvoices@gmail.com*

A1 Judo Club

Get fit while learning a martial art at judo sessions on Mon, Weds, 6.30-7.30pm for children (£6 per session) and 7.30-8.30pm for women (£5 per session) at Flanders Community Centre, in Napier Road, East Ham.

UK Wallball

Fun activity for the whole family *Sat, from 10.30-11.30am, at Green St Library, 337-341 Green St, E13. For more information, Contact Shareen Akhtar on 0794 6540970*

Unity Zumba

Mon, 8-9pm, at Flipout, 281 Barking Rd, East Ham; Tues, Thurs, 8-9pm, St Mark's C. C. £5 per session.

BOXING AND SELF DEFENCE



Boxing (Newham College)

Mon, 5-6pm, East Ham College, High St South, E6

Boxing and Self Defence

Tues, 5-6pm (16+), 4-5pm (6-11yrs), Jack Cornwell C.C.

West Ham Boys ABC

Mon, Weds, Fri, mixed (8-16yrs), 5-6pm, Sat, boys (6-11yrs), 10-11am, girls (7-16yrs), 11am-12pm, £2. 2 London Rd, E13. Call 020 8472 3614

Martial Arts (adults)

Learn new skills, self defence. Adults, £3. *Thurs, 6-7pm, Beckton Globe*

Bootcamp and Karate

Tues, 5-6pm, Bootcamp; Thurs, 5-7pm, Karate, both at Newham College, Stratford Campus, Welfare Rd, Stratford

Martial Arts

For children aged 6 to 13 with a professional teacher. £2. *Mon, 6.30-7.30pm, Tues, 6.45-7.45pm, Thurs, 4.45-5.45pm, Beckton*

Women's Boxing

Mon 9.15-10.15am, Katherine Rd C.C.

Taekwondo (4-14)

Learn new martial arts skills. *Sat, 12-1pm, Custom House & Canning Town CNC.*

Introduction to Taekwondo

and self defence

 Children and young peoples club for ages 4-14. Booking is essential. 10-week programme. To book, contact Green Street Library on 020 3373 0857 or email CN.Greenstreet@newham.gov.uk *Fri, 6.45-7.45pm, Green St*

Capoeira (18+)

 Free Brazilian martial arts and dance with music. *Mon, 4-5pm, Custom House & Canning Town CNC*

HEALTH AND FITNESS



Breathe Easy Group

(18yrs+)

For people with lung conditions and their carers. *First Thurs of month, 12.30-2.30pm, Beckton C.C*

Salsa Dancing (18yrs+)

Mon, 3.15-4.45pm, Beckton C.C; Sat, 6-7.30pm, Stratford; Sat, 2.30-5pm, Forest Gate CNC; Thurs, 6-7.30pm, Beckton Globe

Tai Chi Class

Fri, 10.30-11.30am, Beckton C.C. Weds, 8.15-9.15am, (book in advance, library members only), Forest Gate CNC

Yoga

Free. Mon, 6-7pm, Beckton; £1. Weds, 6-7.30pm, East Ham CNC; Sat, 10am-12pm, Plaistow; Thurs, 6.15-7.45pm, Thurs 8.15-9.15am, Forest Gate CNC; Fri, 8.05-8.45am, Custom House & Canning Town CNC; Thurs, 6-7.30pm, Stratford; Tues, 1.30-2.30pm, £1, Mon, Tues, 6-7.30pm Green St; Weds, 12.30am-1.30pm, Katherine Rd C.C.

First class £5, then £8, Mon 7.15-8.45pm, Maryland Studioz, Leytonstone High Road, E15

Stroke Club (18+)

 For men and women living

with the effects of stroke.
Weds, 2-5pm, Katherine Rd C.C.

Pilates Classes (18+)

Mon, 9.30-10.30am, Jack Cornwell C.C; Thurs, 6-7pm, Manor Park CNC; Thurs, 8-9pm, East Ham CNC

Tai Chi in the Park (18+)

Forest Lane Park, E7. Meet at corner of Forest Lane and Magpie Close. Mon, 11am-12pm

Plaistow Social Walk

Fun social walk to improve your fitness and make new friends. For all ages and abilities. Meet at Plaistow Library. Tues and Sat, 10-11am

Modern Arnis

Filipino martial art with sticks. Tues, 4-5pm (children), Thurs, 5-6pm (women), Sat, 11am-12pm (children), Jack Cornwell C.C.

Walking Yoga

Meet at Stratford Library and walk to Stratford Park for yoga. Open to all. Thurs, 2-3pm.

Zumba

Registration essential. Bring water and a towel, for all ages and abilities. Mon 9.30-10.30am (£3) Fri 9.30-10.30am (£2) Over 50s free, Jack Cornwell C.C; Fri 6-7pm (free) Custom House & Canning Town CNC; Weds, 6.30-7.30pm (free) Manor Park CNC; Tues 5.30-6.30pm (free) Stratford; Tues, 10-11am (free) Forest Gate CNC

Space For Me (16+)

Health and wellbeing fitness class with friendly conversation. Women only, £2 per session. For more information, call or text 0794 983 6036 9.30-11am, Beckton Globe Youth Zone

Tone-Tastic

Exercise class for over 18s. Mon, 3.30-4.30pm, Forest

Gate CNC

Fit Steps

Dance class for all abilities. Tues, 11am-12noon, Forest Gate CNC

Nordic Walking

Weds, 9.30-10.30am, Forest Gate. For more details contact Rosemary on 07787 731809

Bollywood dance

Dance classes for the over 50s. Thurs, 2-3pm, Forest Gate CNC

50+ ACTIVITIES



Quadrille Dancing

Try this classic dance style. Mon, 1.30-2.30pm, East Ham CNC

Bingo

Mon, 11.30am-1.30pm, Beckton C.C; Mon, 12-4pm, Jeyes C.C, Thurs, 7-9pm, Jack Cornwell CC

ICCAN

Faith based group with cultural activities. Fri, 12-2pm, Jeyes C.C.

Active Centre Group

Mon, Weds, Fri, 1.30-4pm, Beckton C.C.

Dominoes Group

Weds, 1.30-4.30pm, Plaistow

Forever Young

Enjoy community activities and make new friends. Weds, 11am-1pm, Beckton; Weds, 10.30am-12.30pm, Forest Gate CNC

Walking Football

Email: dgheerawo@westhamunited.co.uk or call 07803 201299. Tues, 10-11am, Priory Park, E13

Get Active, Get Healthy, and Exercises for Fitness

Thurs, 11am-12pm, Jack Cornwell C.C.

Chair Based Exercise

For all fitness levels. Fri, 10.30-11.30am, East Ham

CNC; Tues, 12.30-1.30pm, Manor Park CNC; Mon,

12.30-1.30pm, Green St; Mon, 12.30-1.30pm, Jeyes C.C.

Fitness

Fitness circuit, mixed, 9.15-10am, Thurs; Fitness circuit, mixed, 10-10.45am, Thurs; Zumba, 1-2pm, Tues, ladies only; Exercise for ladies, 9.30-10.30am, Fri; Exercise for ladies, 10.30-11.30am, Fri, yoga for ladies, 1-2pm, Fri. Katherine Rd C.C.

Games and Friendship Club

Chat and make friends over games and a cuppa. Thurs, 11am-1pm, East Ham CNC

Zumba

Women only session. Tues, 1-2pm, Katherine Rd C.C.

Singing for Health

Variety of music styles. Tues, 2-3.30pm, Jack Cornwell C.C.

Bollywood Moves

Women only. Mon, 10.30-11.30am, Thurs, 11-12pm, Katherine Rd C.C.

Drop-in Embroidery Class

No previous experience necessary, materials supplied. Mon, 11am-1pm, East Ham CNC

Ballroom Dancing

Join Stratford Latin and ballroom dance classes. Mon, 12-12.45 for beginners, 1-1.45pm for advanced, Carpenters and Docklands Centre

Get Active, Get Healthy, - Line Dancing for Fitness

Age: 50+ Come along and learn the choreographed dance of line dancing. Thurs, 10.30-11.30am, Bryant St C.C

Smart Project

Social Group for the over 50s. Join in with a lively discussion, social networking and

refreshments. Thurs, 11am-1pm, Jeyes C.C

Fitness Exercise for men

Fitness exercise for 50+ men only. Thurs, 2.30-3.30pm, Katherine Road C.C

Tea dance

Weds, 2.30-4pm, Custom House & Canning Town with live music.

Bollywood Dance

Dance class for the over 50s. Thurs, 2-3pm, Forest Gate CNC

GREEN



Green Gym

Meet at Visitor Centre in East Ham Nature Reserve, Norman Rd, E6. Weds, 10am-1pm, and last Sat of month, Call 07845 973156

Green Volunteering

Tues and Thurs, 10am-2pm Silvertown, Wy, E16 (opp. Hallsville Rd)

Caravanserai Garden Volunteering

Thurs and Sat, 11am-3pm, Silvertown Wy, E16. For information call 07773 863384

Greenway Orchard Volunteering

Join the Green Gym and get gardening. Greenway at the access point on Boundary Rd, E13 Thurs, 11am-2pm

FEMALE SPORTS

Basketball Sessions

Tues, 4-5pm, Chobham Academy, 40 Cheering Ln, E20

Modern Arnis Martial Arts (16yrs+)

Tues, 5-6pm. Call 07473 030 250, Jack Cornwell C.C.

Get Back into Netball

Tues, 6-7.30pm, juniors; 7.30-9pm, seniors. £5.

Lister Community School, E13. Email: opanetballclub@hotmail.com

Female Only Zumba

Tues, 6-7pm, Forest Gate Community School, Forest Ln, E7. Thurs, 6.30-9pm, The Well C.C, Vicarage Ln, E6. £1. Call 07741 292893; Thurs, Pilates, 7-8pm, £2. The Froud Centre, Romford Rd, £12. Thurs, 10.15-11.15am, Stratford, £2.50; Mon, Weds, 6.30-7.30pm, Asta Community Hub, 14A Camel Rd, E16. £2.50

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE



Ability Club (14-25yrs)

Multi sports for disabled young people. Weds, 5.30-6.30pm and Fri, 4.45-6pm, NewVlc, E13. Contact Paul495@btinternet.com or call 07811 671 082

RUNNING AND ATHLETICS



Beckton Park Run

Sat, 9am, Beckton Park South, E16. Call 07718 394756
www.parkrun.org/beckton

East End Road Runners

Meet on the track. Coached sessions for all abilities. Newham Leisure Centre, E13. Tues and Thurs, 7pm. Sun, 9am. Call 07979 261647

Run Together

£2 unless stated. Sun, 10am-12pm, Newham Leisure Centre, E13 (meet on track). Mon, 4-5.30pm, Newham Leisure Centre, E13 (meet on track). Mon, 5.45-6.45pm, Newham Dockside, E16 (meet at reception). Weds, 12-1pm, Newham Dockside, E16 (meet at reception). Thurs, 5.15-6.15pm, UEL Docklands Campus, E16 (meet at reception). Sat,

10.30am-12pm, Wanstead Flats (meet at corner of Capel Rd and Centre Rd). Sat, 10-11.30am, Memorial Park, E15, £4 (meet at car park). Call 07718 394874

Running and Athletics

Newham & Essex Beagles Athletics Club. Visit www.newhamandessexbeagles.co.uk for more details

SPORTS



Black Arrows Badminton Club

Adults: Fri, 7-9pm, Juniors: Sat, 10am-12pm, £3.70, East Ham LC. Adults: Weds, 7-10pm, UEL SportsDock. Call 07932 037173

Adult Tennis (16+)

Sun, 10-11.30am, 11.30-1pm, Stratford Park (tennis courts), West Ham Ln, Stratford, E15 4PT Contact: playtennis@activenewham.org.uk

FOOTBALL



AIR Football (16yrs+)

Tues, 1-3pm, Fri, 10am-12pm, Memorial Park, Memorial Ave, E15. Fri, 3-5pm, Beckton Powerleague, E6. Visit www.airfootball.co.uk

Mayor's Football League

U10yrs, U12yrs, Mon, 4.30-6pm, U16yrs, U18yrs, 6-7pm, Newham Leisure Centre, E13

WHU Kicks

Mon, Tues, Fri, 4-7pm, WHUCST, 60A Albatross Cl, E6. Thurs, 6.30-7.30pm, Little Ilford Learning Zone, 1 Rector Rd, E12. Thurs, 6.30-7.30pm, Stratford Park MUGA, West Ham Ln, E15. Sat, 10.30am-12pm, Newham Leisure Centre, E13

BASKETBALL



Basketball Sessions

Thurs, 5.30-6.30pm, Little Ilford Learning Zone, 1 Rector Rd, E12

Senior Programme

Division 2 women and division 3/4 men. Rokeby School, E16. Mon, 7.30-9.30pm Call 07947 401616

COMMITTEE MEETINGS

Meetings take place at Newham Town Hall, Barking Road, E6, unless otherwise stated. **Weds, 31 Jan, 4.30pm**, Corporate Parenting Board; **Thurs, 1 Feb, 5pm**, Cabinet followed by Mayoral Proceedings; **Mon, 5 Feb**, Local Development Cttee; **Tues, 6 Feb, 6pm**, Newham Partnership, Health and Wellbeing Strategic Reference Group, Council Chamber, Old Town Hall, Stratford, E15; **7ppm**, Overview and Scrutiny Cttee; **Wed, 7 Feb, 6.30pm**, Investment and Accounts Cttee

CONTACT THE MAYOR

Here to Help sessions

Please register 30 minutes before session starts. **Thurs, 1 Feb, 12noon**, Old Town Hall, Stratford, E15 **Thurs, 8 Feb, 11am**, Canning Town Community Neighbourhood Centre and Library, 18 Rathbone Market, Barking Road, E16

Telephone surgery

Weds, 14 Feb. Please call 020 8430 2000 between 10am and 11am and leave your contact details.

CONTACT DETAILS

LIBRARIES & COMMUNITY NEIGHBOURHOODS CENTRES

Beckton Globe 020 3373 0853

Custom House & Canning Town CNC 020 3373 0854

Custom House Library 020 3373 0855

East Ham CNC 020 3373 0827

Green Street 020 3373 0857

Forest Gate CNC 020 3373 0856

Manor Park CNC 020 3373 0858

North Woolwich 020 3373 0843

Plaistow 020 373 0859

Stratford 020 3373 0826

Archives and Local Studies 020 3373 6881

COMMUNITY CENTRES (C.C)

Beckton C.C. 020 7511 1214

East Ham Market Hall 020 8471 0292

Jack Cornwell C.C. 020 8553 3459

Jeyes C.C. 020 3373 2205

Katherine Rd C.C. 020 8548 9825

St Mark's C.C. 020 7474 1687

Vicarage Ln C.C. 020 8519 0235

Harold Rd Centre 020 8472 2805

Queens Market 020 8475 8971

Rabbits Rd Institute 020 3373 0858

Royal Docks Learning Activity Centre 020 7476 1666

St John's Church 020 8503 1913

St Bartholomew's Church & Centre, 020 8470 0011

The Community Resource Centre, 020 3373 2697

St. Paul's Church Centre, 020 8472 5531

LEISURE & SPORTS VENUES

Atherton Leisure Centre 189 Romford Rd, E15

Balaam Leisure Centre 14 Balaam St, E13

East Ham Leisure Centre 324 Barking Rd, E6

Newham Leisure Centre 281 Prince Regent Ln, E13

NewVlc Prince Regent Ln, E13

UEL SportsDock Docklands Campus, University Wy, E16

Ignorance is no excuse

There are no legal fly-tips in Newham.

You will be fined for adding waste to fly-tips.



**"Newham has issued more £400 fines for
fly-tipping than any council"**
Sir Robin Wales, Mayor of Newham
www.newham.gov.uk/flytipping

Scenes have been
reconstructed using models.

F[♥]stering

Make a difference

We are currently recruiting foster carers for children and young people aged between 3 - 18 years.

As a Newham foster carer you will receive:

- a weekly allowance of between £300 and £450
- a one-off grant of £750 to set up your home
- 24 hour support
- ongoing training throughout your fostering career
- your own social worker

We are looking for people who have the time and passion to care for a child and you need to have a spare room available.

Want to find out more? Call us on

0800 0130 393

or visit www.newham.gov.uk/fostering

